professor at SEU. “Where are we in the midst of injustice? Especially when we’re on the privileged side of identity. Are we out there trying to do what we can to improve the world?”

The event also featured a poem by Quawntashea Bailey, ’19 (pictured below), that urged people to speak up, and a reflection from Father Francois Dious, ’20 (pictured left). He asked God to look kindly on our society torn apart by the pandemic of hatred and failed by inhumane acts such as the killing of George Floyd.

“O God, help each individual understand that it is better to globalize the spirit of love rather than hatred and illness,” said Father Francois in his closing prayer.

As the semester progresses, Saint Elizabeth University will continue discussions about racial injustice and create the Inclusion, Equity and Advocacy Committee to work toward justice throughout campus.

A MESSAGE FROM
President Streubert

Welcome to the first edition of the magazine of Saint Elizabeth University (SEU). On July 1, we officially transitioned from a college to a university after years of planning and hard work. This change, discussed in depth on page 2, will likely benefit the University in terms of international recruitment and enrollment. It will do this by more accurately depicting the academic opportunities that we have at SEU.

While the initial theme of this magazine focused on University status and the exciting changes happening at our institution, we would have been remiss if we glossed over the current state of the world. In early March, the first confirmed case of coronavirus appeared in New Jersey and just three weeks later the Governor issued a statewide stay-at-home order.

Suddenly, our faculty had to alter their coursework to accommodate online instruction and students were forced to turn their living rooms into classrooms. Due to COVID-19, the Class of 2020 completed their college career away from Saint Elizabeth’s hallowed grounds. They didn’t get a chance to participate in activities usually available to SEU seniors and we couldn’t be prouder of the grace and resiliency they have demonstrated.

To honor our students, alumni, faculty and staff, this first issue will focus on what has always mattered the most to us: our Saint Elizabeth family. Each story featured in this magazine depicts unique elements of our diverse and thriving community. As evidenced throughout this pandemic, we are a formidable force that can overcome any obstacle thrown in our way.

This unyielding approach to education inspired our newly established advertising campaign. We are “All In” for the members of our community. SEU professors go above and beyond for their students through mentorship programs and our students give their all to their academic areas.

In keeping with this commitment to our community, our advertising campaign is featured on our newly redesigned website. The energetic, organized and professional layout reflects the direction in which Saint Elizabeth University is moving. We are “all in” for supporting our students’ educational needs, we are “all in” for constantly growing and we are “all in” for you.

I wish you continued health and happiness as we embark on our first academic year as Saint Elizabeth University.

Helen J. Streubert, President

REFLECTING ON SOCIAL INJUSTICE

“I don’t have the biggest voice that everyone can hear, but it’s loud enough to speak out about what is right,” said Jarod Crowe, ’23.

Jarod’s remarks were delivered as part of a larger discussion at Saint Elizabeth University about the ramifications of prejudice and the atrocity of racism throughout the world. Titled “Where Is God: Prayer and Reflection on Racial Injustice,” this virtual event sought to examine the University’s role in fiercely challenging this injustice and beginning to heal our society.

“As much as we can ask God, ‘Where are you?’ in the midst of all these harms, the same question can be asked of us,” said Dr. Ryan McLaughlin, a theology
On July 1, 2020, the College of Saint Elizabeth officially became Saint Elizabeth University (SEU) after receiving approval from the New Jersey Secretary of Higher Education. However, becoming a university is more than just altering our logo and changing our acronyms.

“The University distinction is given to institutions that offer master’s and doctoral programs,” explains Dr. Helen J. Streubert, president of SEU. “Given that the College of Saint Elizabeth has had master’s programs since the ‘70s, it makes sense that we take advantage of the opportunity to be represented in a way that is customary to institutions that have these types of graduate programs.”

As an institution that offers 16 master’s programs and two doctoral programs, becoming a university more accurately portrays the academic opportunities available at Saint Elizabeth. This distinction is particularly important for recruiting internationally.

“Oftentimes, international students think of a college as an extended high school,” says Dr. Streubert. “By becoming a university, we have the chance to increase enrollment by engaging more robustly with international students.”

Originally founded as Saint Elizabeth College in 1899, we have maintained the spirit of our institution through all of its iterations. While we are no longer calling ourselves the College of Saint Elizabeth, we will always carry the mission and values of the Sisters of Charity.

“We are incredibly committed to the legacy of the Sisters of Charity and the work that was entrusted to us over 120 years ago,” says Dr. Streubert. “We will continue to provide high-quality education to individuals who have had limited access to higher education and will remain the warm, caring, supportive institution that we have been for more than 12 decades.”

In time, the name Saint Elizabeth University will become just as synonymous with excellence in teaching and learning, integrity, social responsibility and leadership as the College of Saint Elizabeth has always been.

Welcome to SEU!

Saint Elizabeth University’s new advertising campaign, featured on the cover of this magazine, is inspired by our “All In” approach to education. Professors devote all of their expertise, energy and resources to making sure students thrive during their stay at the University, but that relationship doesn’t end at graduation. Both faculty and staff form meaningful relationships with students that go beyond their time at SEU.

Saint Elizabeth University is a community built by those who care deeply for each other. The dedication of the faculty, staff and administration matches the devotion students have to their education. Simply put: We are all “in for” our prospective students, current students and alumni!
Social responsibility is a core value of Saint Elizabeth University, and our students have always taken this mission to heart. During World War II, our students held rallies in support of our troops and joined the nursing profession in droves. Now, our community is facing an entirely new threat, but SEU students continue to rise.

From grocery store clerks, law enforcement officers and medical transportation drivers to counselors, registered dietitians and package delivery drivers, our students, alumni, faculty, staff and friends can be found fighting COVID-19 in just about every sector. We are so proud of your bravery, selflessness and humility.

Thank you for reminding us that we’re all essential in curbing the effects of this virus!

ReDefining WHAT is ESSENTIAL

Jacie Woznicki, a graphic designer at SEU, sewed dozens of masks for essential workers.

Serene Ciares-Deeb, '23, works as a medical transportation driver, ensuring patients get the care they need.

An adjunct professor in the Physician Assistant program, Pam Lee works as a PA on the front lines of New Jersey’s battle against COVID-19.

Catherine Gruenfelder, who holds three degrees from SEU, works as a registered dietitian in the intensive care unit at a local hospital.

William Schievella, criminal justice professor at SEU, has been delivering food to doctors, nurses and other hospital staff.

Without Kyle Lundy, '23, vital packages may not have been delivered to their destinations.

Dozens of masks were sewn for essential workers by Jacie Woznicki, a graphic designer at SEU.
CELEBRATING A BELOVED LEADER AND LEGACY

Saint Elizabeth University mourns the loss of Sister Francis Raftery, the sixth president of the institution. A member of the Sisters of Charity for more than 60 years, Sister Francis imbued our community with her compassion, intellect and staunch belief in education.

Throughout her nearly four decades of service at the University, Sister Francis served in many capacities. She began her tenure as a faculty member and became the chair of the education department. In 1997, she was appointed to the position of president, where she faithfully served our community for 16 years.

Sister Francis oversaw the construction of the Annunciation Center, the conversion of Santa Rita Hall into the University’s Administration Building and was responsible for SEU’s first doctoral program in Educational Leadership.

Her kind and generous spirit will be greatly missed.

“Sister Francis was an amazing person and an awesome spirit. I love her. Rest in Paradise.”

David C.

( pictured below)

“Oh Sister Fran, you will truly be missed. I remember the many talks that we had together and your kind soul. You kept telling me to breathe on graduation day because I was so nervous waiting on the steps of the chapel. You always warmed my heart, and I’ll never forget you.”

Shannan Ann B.

“Sister Fran was probably one of the most amazing people I’ve had the pleasure of meeting. My favorite memory has to be from Senior Ball ’12. I wore a dress that was on the shorter side, and when we got up to take a group picture, she says to me, ‘Dina, I think you left the rest of your dress in O’Connor.’ It was the highlight of that Senior Ball.”

Dina E.

( pictured below)

“I am personally indebted to this amazing woman. I still have the handwritten letter she wrote to my mother just before my graduation in 1977, following the death of my father at the beginning of my senior year, recognizing the support my mother provided, to be sure that I stayed on a track that year to graduate. The day I returned to classes following my father’s funeral, Sister Francis called me into her office stating, ‘Margaret Mary, you will graduate this year, and I will do whatever you need to make sure that happens.’ I will never, ever forget the difference she made in my life. God bless you, Sister Francis.”

Margaret Banks R.

“As a president of the college, she knew us all by name. She made us feel loved and cared for. I saw her walking in a St. Patrick’s Day parade while visiting family in Harrison, I ran up to her to say hello. Ten-plus years after my graduation, in the midst of a parade, she knew me by name. She will be missed.”

Annie Fritz B.

“I am heartbroken to hear of her passing. I remember move-in day freshman year. Sister Francis stopped my parents and me to welcome us. She saw concern and worry on my mother’s face. She just smiled and asked where we were from. We said that we lived in Kearny. She said, ‘Small world. I am from Kearny too. Born and raised on Bergen Avenue.’ She then warmly said to us, ‘Don’t worry, us Kearny girls stick together.’ I never forgot her kind words that day. She will be missed.”

Sara T.

“We honor the legacy of Sister Francis’ unending commitment to students by providing an opportunity to make a gift to the Student Relief Fund, named in her memory. Go to www.steu.edu/srfran to make a donation, or check “Sister Francis Raftery Student Relief Fund” on the return envelope.

The following testimonials by alumni, faculty, staff and friends emphasize Sister Francis’ contributions to the University and development of our students.

Margaret Banks R.
BREAKING BARRIERS FOR ENGLISH LANGUAGE LEARNERS

Growing up in a Spanish-speaking household, **DR. ALEX GUZMÁN** was in English Language Learner (ELL) programs until the third grade. Alex’s personal experience as an ELL student spurred his interest in researching this population for his dissertation.

“English Language Learners are a linguistically, culturally and educationally diverse population who face barriers on their first day of school,” explains Alex, the former principal of Middlesex High School in the Borough of Middlesex. “This diversity demands schools to address their needs.”

Alex intends to use knowledge attained through earning his doctorate in educational leadership at SEU to create these equitable learning environments and encourage his peers to do the same. His desire to improve educational standards stems from his mother.

“My mom was always a strong advocate for education and hard work,” says Alex. “She taught me to never get comfortable and always strive to do better or learn more.”

While education has become Alex’s calling in life, his first love was science. In fact, he even earned his Bachelor of Science in Chemistry and had hopes of becoming an engineer. However, growing up in a single-parent household, his family couldn’t afford to send him to an engineering university.

“Continuing to higher education is difficult for low-income families. My mom, my sister and I worked tirelessly to put me through college,” says Alex, who channeled his love of science into becoming a chemistry and physics teacher. “I was the first to graduate from college, the first to earn a master’s and now a doctorate.”

Alex credits SEU with creating a learning environment that challenged his thinking, allowed him to find success through failure and prepared him to achieve his ambitions. In the future, Alex hopes to inspire more Latinx students to pursue science careers and teach in higher education.

FOCUS FOR A BETTER TOMORROW

Education in Africa

The school wasn’t equipped to meet the educational needs of its students, and CTS is working to transform it into a suitable environment for these growing minds. Currently, they are in the process of raising funds to install a new roof and windows for the school.

Oluwadamilola’s selfless devotion to the less fortunate exemplifies Saint Elizabeth’s mission, vision and values. Her education has always been focused on advancing her ability to lead in service of others. In fact, she enrolled in SEU’s Applied Behavior Analysis (ABA) program because she felt empty working in her prior field.

“I studied biology and neuroscience in undergrad and was working in the science industry for a few years,” says Oluwadamilola. “But I felt like I was wasting my time in an area that didn’t align with my passion.”

Applied Behavior Analysis was the perfect career path for Oluwadamilola because it connected her passion and purpose into one field. Since ABA enables people to better understand human behavior, Oluwadamilola hopes it will deepen her ability to help those in need.
STUDENT-ATHLETES GROWING ON AND OFF THE COURT

In the last five years, Saint Elizabeth University has managed to quadruple its number of student-athletes. With just 50 Eagles in 2015, the growth of the program is emblematic of our athletic department’s tenacity.

Athletics creates a culture of respect and hard work. While this season was cut short for many of our student-athletes, we are so proud of them. They’ve handled this difficult time with both grace and resolve.

Overcoming Hurdles

Prior to attending Saint Elizabeth, JEREMIAH BOGER, ’23, was living in a homeless shelter.

“The University understood my living situation and took the steps necessary to push me closer to my goal of graduating,” says Jeremiah. “SEU is a very family-oriented institution and they treat you the same regardless of your background.”

An accomplished member of the University’s cross country team, Jeremiah thrives in the silence of the course. In the classroom, his quiet demeanor enhances his listening skills and allows him to absorb as much information as possible. Both his athletic and personal resilience have enabled him to seamlessly adapt to difficult environments and overcome any obstacle.

Upon graduating from SEU, Jeremiah hopes to put his sociology degree to use by becoming a case manager for homeless youth.

“I picked that career because I had a personal youth advisor who helped motivate me while I was living in the shelter,” explains Jeremiah. “I want to help make a difference in people’s lives no matter what.”

While Jeremiah’s passion for learning is insatiable, his plans for the future are modest: a meaningful job and a house to call his own.

Just before the coronavirus pandemic hit, RAKIYAH SELLERS, ’20, managed to get her 1,000th career point. Months later, she graduated from Saint Elizabeth with a Bachelor of Social Work degree.

BASKETBALL

CROSS COUNTRY
SERVICE IN ACTION: SEU’S FIRST PHYSICIAN ASSISTANT CLASS
Lebanese American Muslim who comes from a low-income
technological systems, and advanced learning technology and
language, culture, religion and socioeconomic status. As a
medical professionals must be well-versed in diversity of
I realize the interconnectivity of complete patient care.”

Alaa Barbour

While working on her undergraduate degree, Alaa Barbour
school with a degree, you will leave with a family that will
improve our skills,” says Alaa. “But you won’t only leave this
room with multiple manikins that we can practice on and
“Our clinical assessment lab is set up like a true emergency
system, advanced learning technology and familial
ensuring that all patients received the care they needed.
Knowledgeable of both the Lebanese and Egyptian
offer an invaluable service to patients: communication.
While working as a medical scribe, Alaa was able to
by my side, guiding me.”

I’ve developed a passion to help the poor and the

Abbie Reed

“My dad is a farmer and my mom was a nurse; I grew up on an
apple farm in rural New York, and all aspects of medici-
“Happy 40th birthday, my dad!” says Abbie. “You’ve
prevent him from being himself.

Scott Musial

“While working on my undergraduate degree, I was

Natalie Cruz

“I grew up with my sister and I’ve been through a lot with

Natalie is accustomed to seeing a disconnect between
her patients. Growing up in a Latinx community in the Bronx,
on the floor with his mother. As a pediatrician, Scott’s mother was always
She realized that she was in a position to help others;

Natalie was 6 years old when she decided to

Natalie felt the profession lacked personal connection

Natalie is accustomed to seeing a disconnect between
her culture, and religion, and she experienced social trauma.
For her, there’s no better alternative to being a medical

Scott’s career ensures that he will spend the rest of his life

To me, there’s nothing better than doing good in this world.

Scott Musial grew up attending medical conferences and doing rounds
with on-the-spot treatment. Natalie’s son once
wasn’t until I shadowed an ER physician assistant that I realized
alongside multiple different medical professionals, but it

"My job gave me the opportunity to shadow and work
alongside others in different medical professional roles, but it
wasn’t until I shadowed an ER physician assistant that I realized
became more social and more driven to work with others.

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To me, there’s nothing better than doing good in this world.
For the fourth year in a row, a student from Saint Elizabeth University’s Foods and Nutrition program earned the outstanding dietetics student award. This prestigious honor, bestowed by the New Jersey Academy of Nutrition and Dietetics (NJAND), is only given to one student a year who exemplifies impressive leadership qualities. This spring, Heather Thomas, ‘20 (pictured left), became the 11th alumna to receive this award in the last 13 years.

However, students aren’t the only members of Saint Elizabeth’s community to be recognized by NJAND. Last spring, Kathleen Carozza, director of SEU’s dietetic internship, received the Carolyn Sebastianelli Distinguished Member Award for her commitment to the nutritional needs of the community, while Anisha Chhibber, ‘12, earned the Emerging Dietetic Leader Award.

These accolades perfectly reflect the professionalism of SEU’s students, alumni and faculty. With more than 100 years of experience, the University’s Foods and Nutrition program has consistently proven its education is on par with much larger institutions.

**FOODS AND NUTRITION’S AWARD-WINNING LEADERSHIP**

Left: Students in the Foods and Nutrition program educated children about proper nutrition through the nonprofit Afterschool on South.

Above: Dietetic interns taught Educational Opportunity Fund (EOF) students how to make healthy meals easily replicated in the kitchens of the residence halls.

Kathleen Carozza, director of SEU’s dietetic internship, receiving awards with Foods and Nutrition students.
PREPARED FOR THE FUTURE

Forging Her Way Toward Medical School

This May, JESSICA VELASQUEZ-JULCA became the first member of her family to graduate from college. While she alone spent countless hours studying and working to achieve this accomplishment, Jessica feels her entire family earned this degree.

Her father, one of 11 siblings, was forced to forego formal education in favor of supporting his brothers and sisters. Each day, Jessica’s father would work a farm in Ecuador to help his family make ends meet. There was simply no time for him to attend classes.

“My father is my role model,” explains Jessica, who received the Elizabeth Ann Maloney Award of Distinction at graduation. “He came to this country with nothing and today he’s the owner of an autobody shop.”

Her father’s tenacity and encouragement are the reasons that Jessica is so motivated to achieve her dream of becoming a doctor. In fact, she hopes to set an equally positive example for her own daughter, Gabriella.

“The charism of the Sisters of Charity is deeply instilled in me,” says Jessica. “As a Seton Associate, I plan to share that same passion and desire with my daughter and all those I have the privilege to serve.”

In addition to working as an EMT and medical scribe, Jessica spends every spare moment applying to medical schools. Already certified in phlebotomy, Jessica has always strived to deepen her understanding of medicine. While at Saint Elizabeth, Jessica had the opportunity to shadow several physicians and a few surgeons. During one of these rotations, Jessica witnessed her first open heart surgery and fell in love with the idea of becoming a cardiologist.

Since then, Jessica’s passion for serving others has become insatiable. In fact, starting this summer, Jessica will spend 11 months as a member of AmeriCorps, serving at the Zufall Community Health Center.

“Saint Elizabeth has been great in preparing me for what the future holds,” says Jessica, who credits a rigorous academic program, known as SEU Promise, with her success. “I’ve been involved in plenty of programs that were only possible because of the University’s close-knit community. Everyone here really wants you to succeed.”

Congratulations to the Class of 2020!

As Saint Elizabeth University’s first fully co-educational class prepared to graduate at the end of SEU’s 120th academic year, there was never a question that the Class of 2020 would be historic. However, as students swapped hugs for phone calls and large celebrations of joyful loved ones for a virtual commencement ceremony, we understood the Class of 2020 would be more than historic – they would be unforgettable.

Here’s a look at the Class of 2020 and how they celebrated their graduation!
Five years after losing her father to cancer, **MICHELLE FRANKO, ’23**, was diagnosed with the disease herself. However, she refuses to see herself as a victim and won’t let cancer dictate the quality of her life. “Even with this cancer, I’m still as active as I can be, and nothing is going to stop me,” says Michelle. “People tend to treat cancer like you need assistance with everything, but I’m just a normal person.”

Despite her diagnosis, Michelle has always maintained a full, active life. Throughout high school, she was a member of the Spanish Honor Society and her school’s volleyball team. While she had to miss some events due to doctor’s appointments and treatments, she was largely met with understanding from everyone around her. “Having cancer at such a young age opened my eyes. It showed me how everything can change in just a second,” says Michelle. “It made me appreciate my own life and everyone in it so much more.”

Michelle derives her unyielding strength from her mother, who always maintained a positive attitude during her father’s illness. Unfortunately, this resolve was tested with Michelle’s diagnosis. Suddenly, her family had to confront the reality that they were once again battling an infamous foe, but Michelle was able to see something more. Being at the hospital constantly for treatments and even being admitted a few times exposed her to the nursing profession. As a patient, Michelle got to witness the work that nurses do firsthand. Her experience with fighting cancer made her want to help others in their fight against it as well. This led her to Saint Elizabeth University, where she’s part of the four-year, pre-licensure Bachelor of Science in Nursing program. When she graduates, Michelle intends on pairing her formal education with her personal experience and becoming a pediatric oncology nurse. One thing is for certain: Cancer will never stop Michelle from achieving her dreams.

**SEU Nursing Program a Top Value**

Saint Elizabeth University has a long history of preparing women and men to be knowledgeable and empathetic nurses. In addition to SEU’s long-standing RN-to-BSN program, the University recently added a four-year, pre-licensure Bachelor of Science in Nursing program.

For generations, SEU’s nursing students have been able to achieve their dreams without incurring massive amounts of debts. Out of 64 schools in New Jersey, Pennsylvania and Delaware that offer degrees in nursing, Saint Elizabeth University ranks number one in best value. Students will make an average of $83,400 in their first year while only owing $14,250 in federal debt, far exceeding other school’s averages.

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source: College Scorecard, Clearbit
A natural-born athlete, Jarod Crowe, ‘23, attended Saint Elizabeth University because of a decision he made in high school. While he grew up playing basketball, a wrist injury prevented Jarod from playing his sophomore season. Viewing sports as a necessary outlet, Jarod decided to veer off the beaten path and try out for the volleyball team. “I only thought I’d play for one year but I couldn’t get enough,” explains Jarod, who was named to the All-Colonial States Athletic Conference First Team for his stellar season. “If I had never entered that sport, I wouldn’t be at SEU, and the University has given me opportunities I didn’t know I could have.”

As a criminal justice major, Jarod is considering either entering the law enforcement field directly or becoming a lawyer. Jarod hopes his story illustrates that Saint Elizabeth is a place of new beginnings due to its welcoming and open environment.

Nandini Lnu
M.S. in Data Analytics

An international student from India, Nandini Lnu, ‘22, was attracted to Saint Elizabeth’s Data Analytics program because of the opportunities it offered. Having already earned her Bachelor of Engineering in Information Technology and spending four years working as a software engineer, Nandini personally understood the significance of analyzing data. “In my last job, my client had huge sales-prospecting data that would have yielded invaluable patterns if properly analyzed,” explains Nandini. “If I had the proper skills and tools back then, I believe I could have contributed to the growth of the company.”

A highly self-motivated learner, nothing could stop Nandini from advancing her education once she realized this area for growth. Upon graduating, she hopes to use her newfound knowledge to become a data analyst/scientist and help others understand the importance of properly using data.

Lea Marjana
Biology

“Living in Aleppo during the Syrian Civil War made me the strong, independent person I am today,” says Lea Marjana, ‘20, who was forced to leave her native country in 2014. “The war made me grow up before my time. At a young age, I was responsible for securing water and electricity for my family, and this experience made me always strive to do the impossible.”

For Lea, this means overcoming stereotypes about a woman’s place in society. “Growing up in the Middle East, there’s this notion that women have to be in the house,” explains Lea. “But I want to prove that women can do more than that. It’s not just our job to be moms and stay in the kitchen.”

Passionate about biology, Lea hopes to use her Saint Elizabeth education to defy these harmful stereotypes and ultimately become a doctor or earn her Ph.D. Having witnessed family-related health issues while living in Syria, Lea became interested in helping people during a crisis. Her interest grew even stronger after shadowing doctors in Morristown Medical Center’s Emergency Department through a joint program with Saint Elizabeth.

Regardless of the path she takes to achieve her goals, Lea is intent on paving her own way. “I told my parents that I want to pay for my tuition on my own and earn my successes,” says Lea. “I want to show the world that I earned this through my own merits.” However, she credits Saint Elizabeth’s generous donors and understanding professors for facilitating her education. “After Arabic and French, English is my third language. Saint Elizabeth’s small class sizes made it easier for me to actually understand what my professors were saying and ask for help if I didn’t,” says Lea. “I wouldn’t have been able to come here at all if it wasn’t for scholarships, and attending Saint Elizabeth was the best decision I ever made.”

“...attending Saint Elizabeth was the best decision I ever made.”
Saint Elizabeth University has the only Doctor of Psychology (Psy.D.) in Counseling Psychology program in New Jersey accredited by the American Psychological Association (APA)*. The accreditation process, spearheaded by Dr. Michelle Barrett and Dr. Chloe Bland, was the result of more than seven years of work. It was supported by faculty, staff, students and University leadership that culminated in an intensive two-day site visit led by current Psy.D. Director, Dr. Marianne Dunn, this past fall.

“Not only were we accredited, but the program received tremendous accolades and recognition of our unique focus on serving the underserved,” said Dr. Patricia Heindel, Dean of School of Professional Studies. “The accreditation team did a deep dive into the program to experience how our students are truly agents of change in the world.”

Heindel added that the team praised the Psy.D. program for demonstratively carrying out its social justice mission, which is clearly aligned with the mission of the University.

*This spring, the program was granted accreditation, on contingency by the Commission on Accreditation (CoA) of the American Psychological Association (APA).

Students enrolled in Saint Elizabeth’s Counseling Psychology program are instilled with a vital objective: to ensure that mental health services are available to all people. Last summer, Ashley Appleton, ’21, began to put this mission into action. Already a Licensed Professional Counselor (LPC) and in her final year as a doctoral student, Ashley opened CogniCare Psychological Services. This mental health group practice is rooted in a social justice approach that strives to make sure financial strain or social barriers are not a deterrent to care.

“My specialty is in managing minority stress, because research demonstrates that individuals who identify with and are a part of a stigmatized group experience high levels of chronic stress,” says Ashley. “The stress can come from lack of social support, socioeconomic status or, most commonly, prejudice and discrimination.”

Feeling “othered” can be extremely detrimental to a person’s mental health, particularly for those who identify with multiple minority groups. For instance, Ashley does a great deal of work with Black LGBTQ+ individuals due to compounded stress from stigma, rejection and internalized prejudice. Since there is a lack of access to care for individuals who are “othered” in this manner, Ashley’s organization is taking on their plight.

“As a Black Caribbean American woman, my work is important to me because representation in this field can be few and far between,” explains Ashley, who rarely sees people who look like her in positions of power and has struggled to find a black therapist in the past. “I would like to create a safe, inclusive place where people’s experiences can be validated and they can actively attend to their mental health needs.”
ALUMNI SURVEY RESULTS

The College of Saint Elizabeth commissioned the Performance Enhancement Group (PEG) to conduct an independent study of alumni.*

KEY FINDINGS

Alumni of all ages and disciplines are proud to be graduates of Saint Elizabeth, eager to tell the community about their alma mater and hungry for information about today’s students, faculty, programs and process.

• Your Student Experience
  97% feel good or great about their experience as a CSE student
  94% of respondents rate their decision to attend CSE as a good or great decision

• Top Reasons You Give to CSE
  1. To increase CSE’s academic profile and standing
  2. To offer more financial aid and need-based scholarships for students
  3. To support specific academic programs or departments

• Your opinions about the College are most influenced by
  • Value and respect for a CSE degree
  • Accomplishments of students and faculty
  • History and tradition

• Your Most Important Role as a Graduate
  • Identify job opportunities for graduates
  • Recruit prospective students
  • Mentor students

WHAT AREAS COULD USE SOME IMPROVEMENT?

1. Provide more opportunities for out-of-state alumni to get involved
2. Increase the number of volunteer opportunities
3. Provide more networking opportunities

*Thank you to all alumni who participated in the survey for providing valuable feedback to the University. As the survey was administered in 2019, before university status was finalized, all references are to the College and CSE. We will be incorporating findings from the survey into our alumni outreach as we work together to create a successful future for SEU.

THE MAGAZINE OF SAINT ELIZABETH UNIVERSITY
SUMMER 2020

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Mark Your Calendar

SEU Alumni Engagement and the Seton Associates are proud to present a virtual event:

“LIVING THE BEATITUDES OF JESUS AS A VOTER”
presented by Father Anthony Randazzo
TUESDAY, OCTOBER 6 AT 7:00 P.M.

VIRTUAL BOOK CLUB FOR ALUMNI AND FRIENDS
WEDNESDAY, OCTOBER 21 AT 7:30 P.M.
Contact Carol Ann Koert at ckoert@steu.edu to register and to get the book selection.

SAVE THE DATE REUNION 2021 will be double the fun!
Mark your calendars for Friday, June 4 and Saturday, June 5, 2021 when we will celebrate the graduation years ending in 0 and 5, and 1 and 6.

Updating your contact information has never been more important so you can stay in touch with news and announcements during the pandemic.
To ensure you don’t miss any communications during this year of extraordinary events, please visit www.steu.edu/alumni/stay-in-touch and make sure your information is up-to-date.